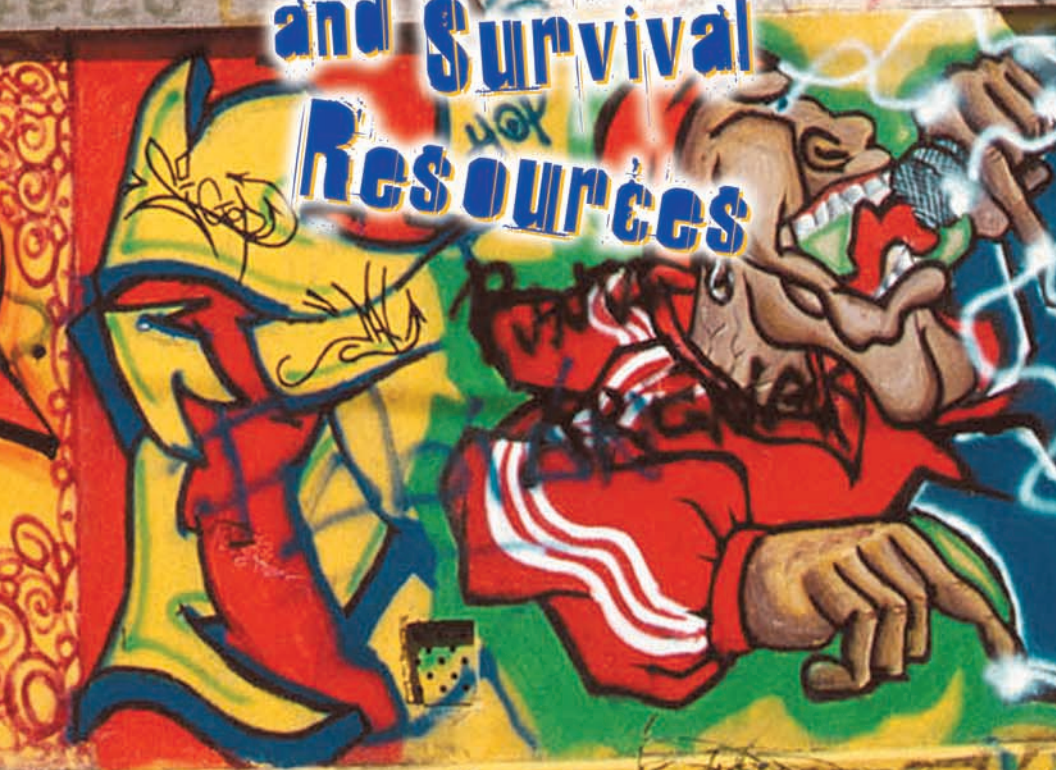


ZALDIVAR  
"B"

# The RESOURCE GUIDE:

## The 411 on Drugs and Survival Resources



## Table of Contents

Letter from the Lieutenant Governor.....	3
The Basics .....	4
Alcohol .....	5
Ice, Crystal Meth .....	6
Marijuana .....	8
Ecstasy, MDMA .....	10
Treatment Resources .....	12
Prevention Resources .....	17
Resources.....	21
Mahalo .....	22

***Editor's Note: This resource guide does not include an exhaustive list, but simply a sample of some of the services in our community. It is not designed to be exclusive!***

***While this resource guide includes contact information for support assistance, for any serious emergencies, please call 911.***





*Aloha!*

I am pleased to share with you this resource guide that offers you the 411 on a handful of treatment and prevention drug, tobacco and alcohol agencies in the state of Hawai'i.

Got a problem in these areas? These agencies can help you make a change in your life. Know someone who needs help? Check out these organizations that can make a difference in your friends, families and classmates' lives.

Reach out. Someone will take your hand and lead the way. This guide is here to refer back to and use whenever you may need help. Keep it in your locker, your backpack or even at home by your phone. Who knows? Maybe someday--sooner than later--it will serve its purpose.

Everything is here--the names, phone numbers and a brief description on what these agencies can do to help you out. So check it out. Be informed. Be aware. And most of all, be safe and healthy.

A handwritten signature in black ink, which appears to read "James R. Aiona".

Lieutenant Governor  
James R. "Duke" Aiona, Jr.

## The Basics

Below are some standard signs and symptoms for any kind of substance abuse.

- Abrupt changes in work or school attendance, quality of work, grades and discipline.
- Unusual flare-ups or outbreaks of temper.
- Withdrawal from responsibility.
- General changes in overall attitude.
- Deterioration of physical appearance and lack of grooming.
- Wearing of sunglasses at inappropriate times.
- Continual wearing of long-sleeved garments particularly in hot weather or reluctance to wear short sleeved attire when appropriate.
- Unusual borrowing of money from friends, co-workers or parents.
- Stealing small items from employer, home or school.
- Secretive behavior regarding actions and possessions; poorly concealed attempts to avoid attention and suspicion such as frequent trips to storage rooms, restroom, basement, etc.

Source: Addictions.org

# DRUG INFORMATION SECTION

## Alcohol

### ALCOHOL FACTS

- Consumed in excess, alcohol is poisonous to human systems and is considered a drug
- Nearly 100,000 Americans die each year as a result of alcohol abuse
- Alcohol is a factor in more than half of the country's homicides, suicides and traffic accidents

### HOW IT'S USED

- Ingested

### The "HIGH" EFFECTS

- Mild mood changes
- Loss of coordination, vision, balance and speech

### WHEN THE "HIGH" KICKS IN

- 30 minutes - 1 hour, depending on tolerance level, size and weight of individual consuming the drink

### "HIGH" DURATION

- 4-5 hours, depending on # of drinks consumed

### EFFECTS OF ALCOHOL ABUSE

- Temporary blackouts or memory loss
- Recurrent arguments or fights with family members or friends
- Continuing use of alcohol to relax, to cheer up, to sleep, to deal with problems or to feel "normal"
- Headache, anxiety, insomnia, nausea or other unpleasant symptoms when you stop drinking
- Flushed skin and broken capillaries on the face; a husky voice; trembling hands; chronic diarrhea; and drinking alone, in the mornings or in secret
- Chronic alcoholism is a progressive, potentially fatal disease, characterized by an incessant craving for, increased tolerance of, physical dependence upon and loss of control over drinking alcohol
- Larger amounts of blood alcohol can impair brain function and eventually cause unconsciousness
- An extreme overdose can be fatal

### PARAPHERNALIA

- Shot glasses
- Bottles
- Cans



# Ice, Crystal Meth



## STREET NAMES

Ice, batu, crank, yaba

## THE MANY FORMS

Powders, tablets, crystals, capsules

## WHAT IS IT?

Methamphetamine is a stimulant. This class of drugs speed up activity in the brain and spinal cord. This, in turn, can cause the heart to beat faster and blood pressure and metabolism to increase. Stimulants often influence a person to be more talkative and anxious and to experience feelings of exhilaration

## HOW IT'S USED

Smoked, snorted, injected or ingested

## THE "HIGH" EFFECTS

- User experiences an intense "rush" or "flash" that lasts only a few minutes
- Produces fastest effects, within 5-15 seconds
- Produces euphoria-an ongoing high

## WHEN THE "HIGH" KICKS IN

Snorting: 15-20 seconds

Ingesting: 20-30 minutes

## "HIGH" DURATION

4-5 hours, up to 20 hours

## SIGNS OF "ICE" USE

- Anxiousness
- Extreme moodiness and irritability
- Nervousness
- Presence of inhaling paraphernalia, such as bongs
- Anxiety
- Signs of agitation, excited speech and increased physical activity levels
- Aggressive or violent behavior
- Disinterest in previously enjoyed activities

## SIGNS OF "ICE" USE (continued)

- Compulsively cleaning and grooming (*I.E. Repetitively assembling and disassembling objects such as cars and other mechanical devices*)
- Decreased appetites
- Anorexia / weight loss
- Visual and auditory hallucinations
- Nausea and vomiting
- Dilated pupils, increased heart rate, high blood pressure, strokes, irregular heartbeat, chest pain, shortness of breath and elevated body temperature
- Intense paranoia
- Insomnia
- Delusions
- Confusion
- Convulsions
- Diarrhea

## EFFECTS OF USE

- Convulsion
- Paranoia
- Rapid weight loss
- Malnutrition
- Physical burnout
- Stroke
- Aggressive behavior



## PARAPHERNALIA

- Glass pipes
- Cut-off straws
- Hypodermic needles
- Lighters



# Marijuana



## STREET NAMES

Pot, pakalolo, grass, weed, bud, Mary Jane, dope, joint, ganja

## THE MANY FORMS

- Dry, grass form
- Sticky black liquid, hash oil



## WHAT IS IT?

- Marijuana is a green, brown or gray mixture of dried shredded leaves, stems and seeds from the cannabis sativa plant
- This plant grows to varying heights of 2 to 10 feet
- It has very distinctive leaves



## HOW IT'S USED

- Smoked as a cigarette (*joint*, *nail*) or in a pipe (*bong*)
- Ingested through food
- Brewed as a tea

## THE "HIGH" EFFECTS

- User experiences a mind altering high
- Absorbed in brain, liver, lungs and reproductive organs
- Marijuana smoke contains over 60 carcinogenic chemicals



## WHEN THE "HIGH" KICKS IN

- Within 1 - 10 minutes

## "HIGH" DURATION

- Lasts 1 to 4 hours







## SIGNS OF "MARIJUANA" USE

- Dizziness and trouble walking
- Silliness and giggling for no reason
- Red, bloodshot eyes
- Increased appetite
- Dry mouth and throat
- Slowed reaction time
- Impaired motor skills
- Distorted sense of time
- Sleepiness
- Munchies
- Euphoria
- Relaxed
- Hallucinations, panic attacks and anxiety

## SHORT & LONG TERM EFFECT

- Problems with memory, learning and speech comprehension
- Distorted perception (*sight, sound, time, touch*)
- Trouble with thinking and problem solving
- Loss of coordination
- Increased heart rate, anxiety and panic attacks
- Coughing, hoarseness, laryngitis and bronchitis
- Lung cancer
- Weakened immune system
- Delayed puberty in males
- Reproductive system problems in females
- Loss of ambition
- Chronic apathy



## PARAPHERNALIA

- Bongs
- Rolling papers
- Roach clips

# Ecstasy, MDMA



## STREET NAMES

Ecstasy, Adam, XTC, beans, hug drug, love drug

## THE MANY FORMS

Usually taken in pill form, but some users snort it, inject it or use it as a suppository

## WHAT IS IT?

MDMA is a synthetic, psychoactive drug with both stimulant (*amphetamine-like*) and hallucinogenic (*LSD-like*) properties

## HOW IT'S USED

- To improve moods
- Get energy to keep dancing
- Used at parties known as "Raves"

## THE EFFECTS

- The psychedelic effects include, feelings of peacefulness, acceptance, empathy and feelings of closeness with others
- Desire to touch or be touched
- Sexual predators will use this effect to prey on their victims

## WHEN THE "HIGH" KICKS IN

Oral: 20 - 40 minutes

Snorted (powder): 5 - 10 minutes

Smoked: 20 - 30 seconds

Injected: 10 - 20 seconds



## "HIGH" DURATION

- 4 - 6 hours
- Hangover symptoms, 1-2 days

## SIGNS OF "ECSTASY" USE

- Sweating or chills
- Increased body temperature
- Muscle tension (*Jaws*)
- Increased heart rate
- Panic attacks
- Rapid eye movements
- Fatigue
- Depression
- Anxiety
- Tissue and organ failure
- Free flowing conversations
- Nervousness
- Nausea
- Pupil dilation
- Teeth grinding
- Increased blood pressure
- Dryness of mouth
- Muscle aches (*back, neck, joint*)
- A rash that looks like acne
- Paranoia
- Acne
- Constant movements
- Euphoria
- Hyper-excitability

## SHORT & LONG TERM EFFECTS

- Brain damage
- Damage to the brain's ability to think and regulate emotion, memory, sleep and pain
- Psychological difficulties, including confusion, depression, sleep problems, drug craving, severe anxiety and paranoia - during and sometimes weeks after taking MDMA

## PARAPHERNALIA

- Lollipops
- Menthol rub
- Surgical masks
- Skittles
- Eye drops
- Baby pacifiers
- Fluorescent light sticks
- M&Ms
- Candy necklaces



# Directory of Treatment, Counseling and Support Groups



## **ALANON/ALATEEN**

Oahu: 593-3977 • Kauai: 246-1116 • Maui: 242-0296 • Target: Youth  
Services: Support group

## **ALCOHOLICS ANONYMOUS**

Oahu: 946-1438 • Lanai: 244-9673 • Kauai: 245-6677 • Maui: 244-9673 • Molokai: 244-9673  
Hilo: 961-6133 • Kona: 329-1212 • Target: All Ages • Services: Support group

## **NARCOTICS ANONYMOUS**

Hilo & Kona: 969-6644 • Maui: 242-6404 • Kauai: 828-1674 • Oahu: 734-4357  
Target: Recovering addicts • Services: Support group

## **BOBBY BENSON CENTER**

293-7555 • Target: Youth 13-17 • Services: Treatment

## **CHILD AND FAMILY SERVICES**

Oahu: 681-3500 • Hilo: 935-2188 • Kona: 323-2664 • Kauai: 245-5914 • Maui: 877-6888  
Target: All ages • Services: Various programs

## **DEPARTMENT OF HEALTH (DOH) • 586-4400**

## **ALCOHOL & DRUG ABUSE DIVISION (ADAD) • 692-7506**

## **ADULT MENTAL HEALTH DIVISION (AMHD) • 586-4686**

## **CHILD AND ADOLESCENT MENTAL HEALTH DIVISION (CAMHD) • 733-9333**

District Offices - Hawaii: 974-6006 • Maui: 984-8200 • Kauai: 241-3614  
Call for services and programs in your area

## **HABILITAT**

235-3691 • (800) 872-2525 • Target: Adults • Services: Treatment

## **HAWAI'I ALCOHOLISM FOUNDATION SAND ISLAND TREATMENT CENTER**

841-2319 • Outpatient Services: 841-3915 • Target: Adults • Services: Treatment

## **HINA MAUKA**

1-888-HinaMauka • Kaneohe: 236-2600 • Waipahu: 671-6900 • Kauai: 245-8883  
Maui: 242-9733 • Target: Teens and adults • Services: Treatment

## **HO'OMAU KE OLA**

696-4266 • Target: Adults • Services: Outpatient and residential treatment



## **HOSPITALS, CLINICS AND HEALTH CENTERS**

Call your local or nearest provider for up to date information on current programs

## **NEW HORIZONS**

484-1000 or 696-2668 • Target: Adults and youths • Services: Counseling

## **OFFICE OF YOUTH SERVICES (OYS)**

587-5700 • Services: Information and referral

Call for available services and programs in your area.

## **TURNING THE TIDE**

637-0700 • Target: 13+ • Services: Various programs

## **VETERANS AFFAIRS SUBSTANCE ABUSE TREATMENT PROGRAM** • 433-0660



## **ASSESSMENTS OF HAWAI'I**

843-1499 or 256-0236 • Target: Adults • Services: Outpatient Treatment

## **DRUG ADDICTION SERVICES OF HAWAI'I, INC. (DASH)**

538-0704 • Target: Adults • Services: Treatment and prevention

## **HAWAI'I COUNSELING & EDUCATION CENTER**

254-6484 • Target: Adults and youth 4-19 • Services: Counseling and support group

## **INSTITUTE FOR HUMAN SERVICES**

Kaa'ahi Location: 845-7150 • Target: Single women & family ages 6 months - 18 years

Sumner Location: 537-2724 • Target: Homeless men • Services: Treatment

## **KAHI MOHALA BEHAVIORAL HEALTH CENTER**

Ewa Beach: 671-8511 • Aiea: 488-0778 • Target: Youth and adults • Services: Treatment

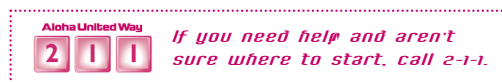
## **KALIHI YMCA OUTREACH**

848-2494 • Target: Adolescents

Services: Intervention, mentoring, treatment, case management, counseling, education and various other activities

## **OXFORD HOUSE, INC.**

957-0324 • Target: Adults • Services: Recovery group homes



## **PO'AILANI, INC.**

Main: 263-1065 • Outpatient: 261-8741 • Residential: 262-2799 • Target: Adults  
Services: Treatment.

## **QUEEN'S DAY TREATMENT**

Main: 547-4352 • Target: Adults  
Services: Individual services for co-existing disorders, MATRIX program.

## **SALVATION ARMY ADDICTION TREATMENT SERVICES**

595-6371 • Target: Adults • Services: Treatment

## **SALVATION ARMY ADULT REHABILITATION CENTER**

522-8400 • Target: Adult men • Services: Support program

## **SALVATION ARMY FAMILY TREATMENT SERVICES**

732-2802 • Target: Pregnant or parenting women and their children  
Services: Residential, day, intensive outpatient and therapeutic supportive living

## **SUSANNAH WESLEY COMMUNITY CENTER**

847-1535 • Target: Youths • Services: Case management and bi-lingual counseling

## **TIME OUT SERVICES, INC.**

696-3482 • Target: Women with children with at least one child between the age of 1-5 and grandparents providing foster care, which are living in Waianae  
Services: Respite childcare, parent education and case management

## **UNIVERSITY OF HAWAI'I UNIVERSITY HEALTH SERVICES**

956-8765 • Target: UH Manoa College Students • Services: Treatment



## **ALOHA HOUSE**

579-9584 • Target: Adults • Services: Inpatient & outpatient treatment

## **COMMUNITY CLINIC OF MAUI**

871-7772 or 244-5775 • Services: Treatment

## **VETERAN SERVICES AND MENTAL HEALTH CENTER (Maui)**

871-2454 • Outpatient treatment and referral

## **FAMILY SUPPORT SERVICES**

Maui: 242-0900 • Lanai: 565-7484 • Services: Referrals

### **HALE HO'OKUPA'A (Moloka'i)**

553-3231 • Target: Adult and adolescent females • Services: Outpatient treatment

### **MALAMA FAMILY RECOVERY CENTER (Maui)**

877-7117 • Target: At-risk women • Services: Outpatient treatment

### **MOLOKINI PSYCHIATRIC UNIT**

242-2256 • Target: 13+ • Services: Acute care medical center

### **MAUI YOUTH & FAMILY SERVICES**

579-8414 • Target: Youth 12-17 years • Services: Treatment

### **MENTAL HEALTH ASSOCIATION IN MAUI**

242-6461 (*referrals*)

### **MOLOKA'I COMMUNITY SERVICE COUNCIL**

553-3244 • Target: Adults and adolescents • Services: Counseling



### **ABC INSTITUTE**

937-0909 • Target: All • Services: Assessment and DUI education

### **ALOHA CLINIC**

885-9393 or 990-9393 • Target: Waimea & Honokaa  
Services: Mental health counseling and substance abuse referral

### **BIG ISLAND SUBSTANCE ABUSE COUNCIL**

935-4927 • Target: Substance Abusers • Services: Various treatment programs

### **BRIDGE HOUSE THERAPEUTIC LIVING AND VOCATIONAL SKILL BUILDING PROGRAM**

322-3305 • Target: Adults • Services: Support group

### **FAMILY SUPPORT SERVICES OF WEST HAWAII**

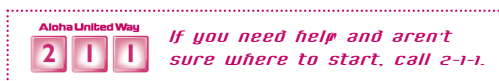
Kailua-Kona: 326-7778 • Kohala: 326-7778 • Target: Youths ages 12-17  
Services: Various programs

### **DRUG ADDICTION SERVICES OF HAWAII, INC. (DASH)**

538-0704 • Target: Adults • Services: Treatment and prevention

### **JOURNEY PROGRAM**

328-2023 • Target: All ages • Services: Assessments and counseling



### **'OHANA COUNSELING SERVICES, INC.**

935-4412 • Target: Adults • Services: Counseling

### **VETERAN'S AFFAIR CENTER OF THE PACIFIC**

969-1684 • Target: Combat theater veterans

Services: Residential rehabilitation for combat theater veterans

### **WAIKALOA COMMUNITY BASED SUBSTANCE ABUSE REHABILITATION & RECOVERY PROGRAM**

883-0922 • Target: All ages • Services: Intensive outpatient services



### **DEPARTMENT OF VETERAN'S AFFAIRS, KAUAI VET'S CENTER**

246-1163 • Services: Counseling & transitional services

### **KE ALA PONO RECOVERY CENTERS**

246-0663 • Target: Adults and youth ages 12-17 • Services: Treatment



### **ARMY, ADOLESCENT SUBSTANCE ABUSE COUNSELING SERVICE (ASACS)**

655-9944 • Target: Army adolescent dependents, ages 12-18 • Services: Counseling

### **ARMY, ALCOHOL & DRUG ABUSE PREVENTION & CONTROL PROGRAM (ADAPCP) (SCHOFIELD BARRACKS)**

433-8700 • Target: Army, National Guard, retired personnel, family members and civilians

Services: Treatment

### **AIR FORCE, LIFE SKILLS SUPPORT CENTER (HICKAM)**

449-5892 • Target: Air Force active duty personnel or if primary care manager is at Hickam

Services: Substance abuse evaluation, education and rehabilitation services

### **AIR FORCE, DRUG DEMAND REDUCTION (HICKAM)**

449-0175 • Target: Air Force personnel, adults and youth

Services: Substance abuse evaluation, education and rehabilitation services

### **MARINE SUBSTANCE ABUSE COUNSELING CENTER**

257-3900 • Target: Active duty, all branches & their family and DoD civilians

Services: Treatment

### **NAVY SUBSTANCE ABUSE REHABILITATION PROGRAM (PEARL HARBOR)**

471-8956 • Target: Active duty, all branches & their families

Services: Counseling and intervention



# Prevention Directory



## **ALOHA UNITED WAY - 211**

2-1-1 • Target: All ages • Services: Informational hotline

## **ALU LIKE, INC.**

Oahu: 535-6700 • Maui: 242-9774 • Molokai: 553-5393 • Hawaii: 961-2625  
Kauai: 245-8545 • Target: Native Hawaiians • Services: Various programs

## **BIG BROTHERS BIG SISTERS OF HAWAI'I**

521-3811 (*Call for services in your area*) • Target: Youth ages 6-16 • Services: Mentoring

## **BOYS AND GIRLS CLUB OF HAWAI'I**

949-4203 (*Call for services in your area*) • Target: High-risk Youth ages 7-17  
Services: Various prevention activities

## **COALITION FOR A DRUG-FREE HAWAI'I**

545-3228 • Target: All ages  
Services: Resource center, training, workshops, community-based support

## **DEPARTMENT OF HEALTH (DOH)** *See under treatment*

## **DRUG ABUSE RESISTANCE EDUCATION (D.A.R.E.), GANG RESISTANCE EDUCATION AND TRAINING (G.R.E.A.T.), POSITIVE ALTERNATIVE GANG EDUCATION (P.A.G.E.)**

O'ahu: DARE 692-4265 / GREAT 692-4267 • Kaua'i: DARE 241-1697 / GREAT 241-1691  
Maui: DARE 244-6380 / GREAT 244-6480 • Hawai'i: DARE 961-8833 / PAGE 961-8833  
Target: K-12 • Services: Education

## **DEA**

541-3053 • Target: All ages • Services: Demand reduction--education and presentations

## **HAWAI'I NATIONAL GUARD, COUNTERDRUG SUPPORT OFFICE, DRUG DEMAND REDUCTION PROGRAM**

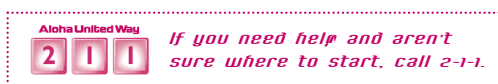
732-0209 • Target: All ages • Services: Prevention education, presentations and training

## **MADD (MOTHER'S AGAINST DRUNK DRIVING)**

532-6232 • Target: All ages  
Services: Education; resource library; support groups; criminal justice system information & advocacy; court accompaniment; and assistance with victim impact statements

## **WEED & SEED**

543-2216 • Target: At risk communities • Services: Community coalition development





### **CENTRAL O'AHU YOUTH SERVICES ASSOCIATION, INC.**

637-9344 • Target: Youth 12-17 • Services: Emergency shelter

### **STUDENT FUTURE AWARENESS O'AHU COMMUNITY CORRECTIONAL CENTER**

832-1463 • Target: Intermediate & High School Students • Services: Education

### **HOA'AINA O MAKAHA**

695-9730 • Target: Youth between grade K-12 • Services: Drug Prevention

### **KAPI'OLANI MEDICAL CENTER FOR WOMEN & CHILDREN**

973-8501 • Target: Youths ages 18 and under

Services: Counseling, prevention education and automated telephone information

### **KEY PROJECT**

239-5777 • Target: Kualoa-Heeia youth • Services: Various programs

### **MOILIILI COMMUNITY CENTER**

955-1555 • Target: All ages • Services: Various programs and activities

### **PALAMA SETTLEMENT**

845-3945 • Target: Youth between age 10-17

Services: After school activities, case management, information and referral

### **PARENTS AND CHILDREN TOGETHER (PACT)**

847-3285 (*Call for services in your area*) • Target: Youth

Services: Various programs including, intensive services support

### **SALVATION ARMY**

595-6371 • Target: Adults • Services: Various programs

### **SUSANNAH WESLEY COMMUNITY CENTER**

847-1535 • Target: Youths • Services: Prevention

### **UNIVERSITY OF HAWAI'I, UNIVERSITY HEALTH SERVICES**

956-3574 • Target: UH at Manoa college students • Services: Education

### **VICTORY 'OHANA PRISON FELLOWSHIP**

677-2434 • Target: Anyone coming out of incarceration with a substance abuse problem

Services: Provides prison to community transitional "bridge" program, which includes vocational training, community and youth outreach, substance abuse and prevention education

## WAIANAE COAST COMMUNITY MENTAL HEALTH

696-4211 • Target: All ages • Services: Various programs

## YMCA-ATHERTON

946-0253 • Target: High school and college students • Services: Various programs

## YMCA-HONOLULU

637-4615 • Target: Youth ages 12-17 • Services: Various programs

## YMCA-KALIHI

848-2494 • Target: Youth and their families

Services: Intervention, mentoring, treatment, case management, counseling, education and various other activities

## YMCA-LEEWARD

671-6495 • Target: Youth • Services: Prevention programs and activities



## ALOHA HOUSE (MAUI)

579-9584 • Target: Youth ages 12-16 in Makawao and Paia

Services: Leadership and resiliency program

## COALITION FOR A DRUG-FREE LANAI

565-6043 • Target: All ages • Services: Various programs

## FAMILY SUPPORT SERVICES

Maui: 242-0900 • Lana'i: 565-7484 • Services: Referrals

## LANAI YOUTH CENTER

565-7675 • Target: Youth ages 8-17

Services: Drug prevention, education and various other programs

## MAUI YOUTH AND FAMILY SERVICES INC.

579-8414 • Target: Youth and families

Services: Substance abuse education and emergency youth shelter



### **FAMILY SUPPORT SERVICES OF WEST HAWAII**

Kailua-Kona: 1-808-326-7778 • Target: Youths ages 12-17 in South Kona

Services: Various programs • Kohala: 1-808-326-7778 • Target: Youth ages 12-17 in Kohala

### **SALVATION ARMY – KONA**

328-8950 ext. 17 • Target: Ages 10-17 • Services: Various programs

### **YWCA EKAHI PROGRAM**

775-0976 • Target: Youth and their families

Services: Various educational and socializing activities



### **HANALEI FAMILY COMMUNITY CENTER**

826-1011 • Target: All • Services: Various programs

### **YWCA OF KAUAI**

245-5959 • Target: All ages • Services: Various programs



### **AIR FORCE, DRUG DEMAND REDUCTION (HICKAM)**

449-0175 • Target: Air Force personnel and dependents

Services: Evaluation, education and rehabilitation

### **AIR FORCE, COMMUNITY CENTER (HICKAM)**

449-3354 • Target: Youth • Services: Prevention activities

### **ARMY, ADOLESCENT SUBSTANCE ABUSE COUNSELING SERVICE (ASACS) (SCHOFIELD BARRACKS)**

655-9944 • Target: Army dependents 12-18 • Services: Education and counseling

### **ARMY SUBSTANCE ABUSE PROGRAM (ASAP)**

655-9113 • Target: Army personnel and dependents, National Guard, retired personnel and Department of Army civilians • Services: Various programs

### **MARINE SUBSTANCE ABUSE COUNSELING CENTER**

257-3900 • Target: Active duty, all branches & their family and DoD civilians

Services: Various prevention programs

### **NAVY, SUBSTANCE ABUSE REHABILITATION PROGRAM, PEARL HARBOR**

471-8956 • Target: Active duty, all branches & their families • Services: Education classes



## Resources

### Web Sites

[www.state.hi.us/health/resource/index.html](http://www.state.hi.us/health/resource/index.html)  
[www.drugfreehawaii.org](http://www.drugfreehawaii.org)  
[www.auw211.org](http://www.auw211.org)  
[www.nida.com](http://www.nida.com)  
[www.niaaa.nih.gov](http://www.niaaa.nih.gov)  
[www.samhsa.gov](http://www.samhsa.gov)  
[www.health.org](http://www.health.org)  
[www.whitehousedrugpolicy.gov](http://www.whitehousedrugpolicy.gov)  
[www.dea.gov](http://www.dea.gov)  
[www.jointogether.org](http://www.jointogether.org)  
[www.drugfreeamerica.org](http://www.drugfreeamerica.org)  
[www.maddhawaii.org](http://www.maddhawaii.org)  
[www.theantidrug.com](http://www.theantidrug.com)  
[www.freevibe.com](http://www.freevibe.com)  
[www.addiction.org](http://www.addiction.org)

## Bibliography or Sources of Information

State of Hawai'i Department of Health  
Coalition for a Drug Free Hawaii  
U.S. Drug Enforcement Administration  
National Institute on Drug Abuse  
National Institute on Alcohol Abuse and Alcoholism  
Substance Abuse and Mental Health Services  
Partnership for a Drug Free America  
Mothers Against Drunk Driving

## Important Phone Numbers

Emergency: 9-1-1  
Aloha United Way: 2-1-1  
Bilingual Access Line: 526-9724  
Hawai'i Psychological Association: 521-8995  
Suicide & Crisis Hotline: 521-4555

Aloha United Way



*If you need help and aren't  
sure where to start, call 2-1-1.*



## Mahalo

This resource guide was made possible by the collaborative efforts of the following agencies and organizations:

Office of the Lieutenant Governor

AdWorks

Aloha United Way

Chevron

Coalition for A Drug Free Hawai'i

Department of Education

Department of Health

Hawai'i Drug Control Strategy

National Guard

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